DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE TILAL AL GHAF 30X30 FITNESS HUB

WEEK 1 - 31 OCTOBER TO 6 NOVEMBER

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 OCTOBER	**1 NOVEMBER**	**2 NOVEMBER**	**3 NOVEMBER**	**4 NOVEMBER**	**5 NOVEMBER**	**6 NOVEMBER**
8:30 AM – 9:00 AM PULSE	8:30 AM – 9:00 AM IGNITE	8:30 AM – 9:00 AM PULSE	8:30 AM – 9:00 AM PULSE	8:30 AM – 9:00 AM PULSE	8:30 AM – 9:00 AM BEACH DEEP STRETCH	
9:15 AM – 9:45 AM PILATES BURN	9:15 AM – 9:45 AM PULSE	9:15 AM – 9:45 AM PILATES BURN	9:15 AM – 9:45 AM PILATES BURN	9:15 AM – 9:45 AM PILATES BURN	9:15 AM – 9:45 AM PILATES BURN	
		6:30 PM – 7:00 PM IGNITE	6:30 PM – 7:00 PM IGNITE	6:30 PM – 7:00 PM PULSE	6:30 PM – 7:00 PM IGNITE	
	6:00 PM – 7:00 PM GLOW DANCE	7:15 PM – 7:45 PM PULSE	7:15 PM – 7:45 PM BEACH MOTION & MOBILITY	7:15 PM – 7:45 PM BEACH YOGA	7:15 PM – 7:45 PM BEACH YOGA	

BOOK VIA: FITCODE app

DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE TILAL AL GHAF 30X30 FITNESS HUB

WEEK 2 - 7 NOVEMBER TO 13 NOVEMBER

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 NOVEMBER	**8 NOVEMBER**	**9 NOVEMBER**	**10 NOVEMBER**	**11 NOVEMBER**	**12 NOVEMBER**	**13 NOVEMBER**
8:30 AM – 9:00 AM PULSE	8:30 AM – 9:00 AM RIDE	8:30 AM – 9:00 AM PULSE	8:30 AM – 9:00 AM HIIT	8:30 AM – 9:00 AM HIIT	8:30 AM – 9:00 AM BEACH MOTION & MOBILITY	8:30 AM – 9:00 AM POWER STRENGTH
9:15 AM – 9:45 AM PILATES BURN	9:15 AM – 9:45 AM PULSE	9:15 AM – 9:45 AM HIIT	9:15 AM – 9:45 AM PILATES BURN	9:15 AM – 9:45 AM PILATES BURN	9:15 AM – 9:45 AM HIIT	9:15 AM – 9:45 AM SPIN
	6:30 PM – 7:00 PM HIIT	6:30 PM – 7:00 PM PILATES BURN	6:30 PM – 7:00 PM HYROX	6:30 PM – 7:00 PM HIIT	6:30 PM – 7:00 PM RIDE	
5:45 PM – 7:00 PM SOUND MEDITATION AND YOGA UNDER THE STARS	7:15 PM – 7:45 PM PILATES BURN	7:15 PM – 7:45 PM RIDE	7:15 PM – 7:45 PM BEACH DEEP STRETCH	7:15 PM – 7:45 PM RIDE	7:15 PM – 7:45 PM PILATES BURN	

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DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE TILAL AL GHAF 30X30 FITNESS HUB

WEEK 3 - 14 NOVEMBER TO 20 NOVEMBER

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14 NOVEMBER	**15 NOVEMBER**	**16 NOVEMBER**	**17 NOVEMBER**	**18 NOVEMBER**	**19 NOVEMBER**	**20 NOVEMBER**
8:30 AM – 10:30 AM HYROX CHAMPIONSHIPS	8:30 AM – 9:00 AM RIDE	8:30 AM – 9:00 AM PULSE	8:30 AM – 9:00 AM HIIT	8:30 AM – 9:00 AM HIIT	8:30 AM – 9:00 AM BEACH DEEP STRETCH	8:30 AM – 9:00 AM SPIN
	9:15 AM – 9:45 AM PULSE	9:15 AM – 9:45 AM HIIT	9:15 AM – 9:45 AM PILATES BURN	9:15 AM – 9:45 AM PILATES BURN	9:15 AM – 9:45 AM HIIT	9:15 AM – 9:45 AM HYROX
	6:30 PM – 7:00 PM HIIT	6:30 PM – 7:00 PM PILATES BURN	6:30 PM – 7:00 PM HYROX	6:30 PM – 7:00 PM HIIT	6:30 PM – 7:00 PM RIDE	
5:45 PM – 6:45 PM Yoga with lululemon	7:15 PM – 7:45 PM PILATES BURN	7:15 PM – 7:45 PM RIDE	7:15 PM – 7:45 PM BEACH MOTION & MOBILITY	7:15 PM – 7:45 PM RIDE	7:15 PM – 7:45 PM PILATES BURN	

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DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE TILAL AL GHAF 30X30 FITNESS HUB

WEEK 4 - 21 NOVEMBER TO 27 NOVEMBER

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 NOVEMBER	**22 NOVEMBER**	**23 NOVEMBER**	**24 NOVEMBER**	**25 NOVEMBER**	**26 NOVEMBER**	**27 NOVEMBER**
8:30 AM – 9:00 AM RIDE	8:30 AM – 9:00 AM RIDE	8:30 AM – 9:00 AM PULSE	8:30 AM – 9:00 AM HIIT	8:30 AM – 9:00 AM HIIT	8:30 AM – 9:00 AM BEACH MOTION & MOBILITY	8:30 AM – 9:00 AM POWER STRENGTH
9:15 AM – 9:45 AM PILATES BURN	9:15 AM – 9:45 AM PULSE	9:15 AM – 9:45 AM HIIT	9:15 AM – 9:45 AM PILATES BURN	9:15 AM – 9:45 AM PILATES BURN	9:15 AM – 9:45 AM HIIT	9:15 AM – 9:45 AM SPIN
5:45 PM – 6:45 PM SUPER RIDE	6:30 PM – 7:00 PM HIIT	6:30 PM – 7:00 PM PILATES BURN	6:30 PM – 7:00 PM HYROX	6:30 PM – 7:00 PM HIIT	6:30 PM – 7:00 PM RIDE	
7:15 PM – 8:15 PM SUPER RIDE	7:15 PM – 7:45 PM PILATES BURN	7:15 PM – 7:45 PM RIDE	7:15 PM – 7:45 PM BEACH DEEP STRETCH	7:15 PM – 7:45 PM RIDE	7:15 PM – 7:45 PM PILATES BURN	

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DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE TILAL AL GHAF 30X30 FITNESS HUB

WEEK 5 - 28 NOVEMBER & 29 NOVEMBER

SATURDAY	SUNDAY
28 NOVEMBER	**29 NOVEMBER**
8:30 AM – 9:00 AM RIDE	8:30 AM – 9:00 AM RIDE
9:15 AM – 9:45 AM PULSE	9:15 AM – 9:45 AM PULSE
	6:30 PM – 7:00 PM HIIT
7:15 PM – 8:45 PM FORM & FLOW MOTION AND MOBILITY	7:15 PM – 7:45 PM PILATES BURN

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